

Eggnog Cheese Pie with Bourbon Cream



Ingredients

1 teaspoon bourbon
1.5 tablespoons butter melted
4 ounces cream cheese fat-free block-style softened
1 large egg white
2 large egg whites
0.7 cup eggnog
2 tablespoons eggnog
2 large eggs
0.5 cup yogurt plain fat-free

	2 tablespoons flour all-purpose
	0.3 cup granulated sugar
	2 tablespoons granulated sugar
	32 graham crackers low-fat (8 cookie sheets)
	0.1 teaspoon nutmeg grated
	O.1 teaspoon salt
	1 teaspoon vanilla extract
	0.8 cup non-dairy whipped topping fat-free frozen thawed
Eq	uipment
	food processor
	bowl
	paper towels
	oven
	whisk
	wire rack
	blender
	spatula
Di	rections
	Preheat oven to 35
	To prepare crust, place crackers in a food processor; process until crumbly.
	Add 2 tablespoons sugar, butter, and 1 egg white; pulse 5 times or just until moist. Press crumb mixture evenly into a 9-inch pie plate coated with cooking spray.
	Bake at 350 for 8 minutes; cool on a wire rack for 15 minutes.
	Reduce oven temperature to 32
	To prepare filling, spoon yogurt onto several layers of heavy-duty paper towels; spread yogurt to 1/2-inch thickness. Cover with additional paper towels; let stand 5 minutes.
	Scrape into a bowl using a rubber spatula.

	Place cream cheeses and vanilla in a bowl; beat with mixer at medium speed until smooth.	
	Add eggs, one at a time, beating well after each addition.	
	Combine sugar, flour, and salt, stirring with a whisk.	
	Add sugar mixture to cheese mixture; beat until combined.	
	Add yogurt to cheese mixture; add eggnog. Beat at low speed just until combined.	
	Beat 2 egg whites with a mixer at medium speed until soft peaks form.	
	Add 2 tablespoons sugar, 1 tablespoon at a time, beating until stiff peaks form. Gently fold egg whites into the eggnog mixture.	
	Pour filling into prepared crust.	
	Bake at 325 for 40 minutes or until center is almost set. Cool completely on wire rack. Chill overnight.	
	To prepare bourbon cream, place the whipped topping in bowl. Gently fold in 2 tablespoons eggnog and bourbon; chill. Top each pie slice with bourbon cream; sprinkle with nutmeg before serving.	
Nutrition Facts		
	PROTEIN 11.86% FAT 18.29% CARBS 69.85%	

Properties

Glycemic Index:46.02, Glycemic Load:8.04, Inflammation Score:-1, Nutrition Score:4.0147826101469%

Nutrients (% of daily need)

Calories: 295.34kcal (14.77%), Fat: 6.14g (9.45%), Saturated Fat: 2.16g (13.53%), Carbohydrates: 52.77g (17.59%), Net Carbohydrates: 52.71g (19.17%), Sugar: 24.85g (27.61%), Cholesterol: 55.96mg (18.65%), Sodium: 451.82mg (19.64%), Alcohol: 0.3g (100%), Alcohol %: 0.3% (100%), Protein: 8.96g (17.92%), Vitamin B2: 0.23mg (13.57%), Phosphorus: 127.55mg (12.76%), Selenium: 7.64µg (10.91%), Calcium: 103.33mg (10.33%), Vitamin B12: 0.46µg (7.61%), Vitamin B5: 0.44mg (4.38%), Potassium: 134.58mg (3.85%), Folate: 14.52µg (3.63%), Zinc: 0.54mg (3.63%), Vitamin A: 164.19IU (3.28%), Magnesium: 11.81mg (2.95%), Vitamin D: 0.44µg (2.92%), Vitamin B1: 0.04mg (2.8%), Vitamin B6: 0.05mg (2.37%), Iron: 0.33mg (1.85%), Vitamin E: 0.2mg (1.36%), Copper: 0.02mg (1.13%)